

Beef Taco on Whole Grain Tortilla

Makes: 100 Servings

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Ingredients	Weight	Measure
Raw ground beef	12 lb 12 oz	
Fresh onions, chopped	10 oz	1 3/4 cup
Dehydrated onions	2 oz	1 cup
Granulated garlic		3 Tbsp
Ground black or white pepper		1 Tbsp 1 tsp
Canned tomato paste	1 lb 12 oz	3 cup 2 Tbsp (1/4 No. 10 can)
Water		2 qt
Chili powder		1/4 cup
Ground cumin		3 Tbsp
Paprika		1 Tbsp
Onion powder		1 Tbsp
Reduced fat cheddar cheese, shredded	3 lb 4 oz	3 qt 1 cup
Fresh lettuce, shredded	4 lb 14 oz	2 gal 1 qt
Fresh tomatoes, chopped	2 lb 10 oz	1 qt 1 3/4 cup

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	290	
Total Fat	13 g	
Protein	19 g	
Carbohydrates	24 g	
Dietary Fiber	4 g	
Saturated Fat	5 g	
Sodium	300 mg	

Directions

1. Brown ground beef and drain.
2. Add onions, granulated garlic, pepper, tomato paste, water, and seasonings. Blend well. Bring to boil. Reduce heat and simmer for 25-30 minutes. Stir periodically. CCP: Heat to 155°F for at least 15 seconds. CCP: Hold for hot service at 135°F or higher.
3. Topping: Set cheese aside for step 4. Combine lettuce and tomatoes. Toss lightly. Set mixture aside for step 4.
4. Steam tortillas for 3 minutes until warm or place in warmer.
 - a. Before serving or on serving line, fill each tortilla with 2 No. 30 scoops (1/4 cup 1/2 tsp) meat mixture. On each student tray serve 1 tortilla, No.10 scoop (3/8 cup) lettuce and tomato mixture, and 1/2 oz (2 Tbsp) shredded cheese.OR
 - b. Pre-portion No.10 scoop (3/8 cup) lettuce and tomato mixture and 1/2 oz shredded cheese into individual soufflé cups. Refrigerate until service.
5. Transfer meat mixture and tortillas to steam table pans. On each student tray, serve 1 tortilla, 2 No. 30 scoops (1/4 cup 1/2 tsp) meat mixture, lettuce and tomato mixture, and cheese. Instruct students to “build” their own tacos.